

PT/Rehab Protocol for Proximal Hamstring Repair

Phase 1 0-6 weeks

- 0-2 weeks TTWB
- 2-6 weeks 0-25% WB
- Week 2 start PT, general Passive ROM in hip and knee
- Week 4 start gentle Active ROM in hip and knee

Phase 2 6-10 weeks

- Passive/Active ROM are progressed
- Pool/Aqua therapy introduced
- Isotonic Exercises are started with a limited ROM, avoiding extremes of motion
- Core pelvic strength and close chain exercises are initiated
- Isotonic strengthening progressed and dynamic training is advanced starting week 8

Phase 3 10 weeks and after

- Begin jogging as tolerated, no sprinting
- Begin return to sport training
- no full sprinting or jumping until at least 4 months post-op